

Health and Fitness

LIVING WITH THE PATTERN OF LIVING HEALTHY, NATURAL, FITNESS

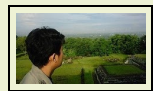
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Control Your Weight Loss With The Glycemic Index

POSTED BY DAFERI 02 AUGUST, 2009 0 COMMENTS



Carbohydrate is one of three sources of fuel, besides protein and fat. The Glycemic Index is only relevant to carbs, then what are The Glycemic Index, anyway? The Glycemic Index is a ranking system for carbohydrate rich foods, created to help people manage their blood sugar levels. The GI number signifies how quickly a food triggers a rise in blood glucose (sugar).

Carbohydrate can differentiate into the two groups, there are complex carbs: which usually have a low GI rating, foods with a low GI rating break down slowly during digestion, resulting in gradual release of glucose into the bloodstream, and simple carbs: which usually have a high GI rating, foods with high GI numbers, however, break down quickly, causing an undesirable surge of blood glucose into the bloodstream and resulting in a surge of insulin.

High-glycemic foods can cause serious health problems, including insulin resistance, type II diabetes, obesity, cancer, and cardiovascular disease if consumed ongoing. A low-glycemic diet helps to control weight, lower blood cholesterol levels, maintain energy and promote overall good health. Sugar, white flour, white rice, and potatoes are just a few of the foods we should avoid. For more information about the Glycemic Index just visit <http://www.GlycemicIndex.com>. So, if you want to control weight loss then eat foods that contain a low Glycemic Index such as vegetables.

Source



first post

POSTED BY DAFERI 26 JULY, 2009 0 COMMENTS

new born of feri-satria is coming

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